

Why Choose Creative Choices?

Building Skills

Creative Choices sessions will teach practical techniques to learners through the **creative exploration** of visual arts, music or theatre. Learners will work with creative professionals to explore their chosen creative pathway and will have the opportunity to work on creative tasks that will build dexterity and motor skills.

Qualifications

Working towards soft skills will help the learner to develop social and personal care skills. The chance to work towards OCN qualifications will help to boost confidence and self-esteem.

Social Interaction

Creative Choices sessions will encourage social interaction with peers through inclusive group learning and social break-times built in.

Learner Autonomy

The Creative Choices project seeks to encourage autonomy so that the learner can take control of their learning journey. We will respond to each learner as an individual and offer the opportunity for choice wherever possible.

Vision 21's guiding ethos is to provide realistic person centred training and opportunities for personal development, promoting real engagement in the heart of the community.



For more information, or to express an interest in referring a student to creative choices in the near future please contact:

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Vision 21



New opportunities for people with learning needs who would like to develop their creative abilities through visual and expressive arts and crafts

Vision 21 Creative Choices

The Vision 21 Creative Choices project offers a more therapeutic option for the growing number of students with more complex learning and physical needs as well as opening up more creative options to current students with a range of learning disabilities in the Cardiff area. Some of these ranges may also be suitable for older people with learning needs with early onset dementia and will aim to offer real community engagement.

The Aims:

- To offer a range of creative opportunities for current and new learners.
- To develop therapeutic options for learners with more challenging/complex needs and problems associated with aging.
- To provide a safe environment for learners to build social links.
- To promote autonomy and choice.

The Creative Choices project will aim to offer a range of quality options including shorter 3 hour sessions including built in breaks to encourage social interaction with peers. Learners will have the opportunity to learn new practical, social and personal skills.

Creative choices sessions will teach practical skills and techniques to learners, whether these are rooted in visual arts, music or theatre. The opportunity to work towards soft skills and OCN units will help the learner to develop social and personal care skills, boosting confidence and self esteem.

Art & Craft

The expressive art option will offer the learner with more complex needs the opportunity to work with various media and techniques to create expressive artworks.

Papermaking and printmaking are accessible techniques that have the ability to produce high quality desirable outcomes for sale to support Vision 21's sustainable social enterprise aims. They also encourage the learner to consider composition, colour theory, shape and image.



Drawing, painting,
& collage
Printmaking
Digital Photography
Paper making
Sewing & felting

Music

These workshops, led by experienced tutors from Community Music Wales, are designed to encourage expression, creativity and confidence in the learners. Music is fun and exciting and encourages teamwork, concentration and engagement in participants. Soundbeam is a beam that participants affect by using their bodies. It is proven to be highly effective & stimulating for individuals with complex learning disabilities.

Drumming
Percussion
Soundbeam
Singing & Signing



Drama

Theatre & Storytelling offers the learners the chance to experience different roles and points of view, inhabit different characters; promoting awareness of others. Groups can work democratically to create theatre and dance, allowing everyone in the group the opportunity to share and input ideas.

Theatre
Storytelling
Puppetry



Movement

Theatre, drama and movement workshops offer the learner the opportunity to explore emotions physically - through role play, experimental movement and dance. It also gives the learner the opportunity to work with others creatively in a team, build trust and build confidence and self esteem. Dance can be expressive, energetic and fun. Music and rhythm can encourage learners to move, exercise and express how they feel.

Movement
Creative dance

